

# A Speedy Breakfast Heart Healthy Hack That Saves You Money



## Granola & coconut alternative to yogurt

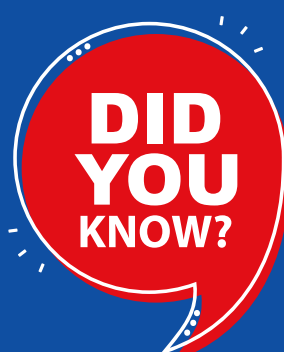


## Fruit & nut muesli with Benecol fruit yogurt & banana



Granola served with a coconut alternative to yogurt is a popular choice often considered healthy. However, this 'healthy' sounding breakfast is high in saturated fats, mainly due to the palm or coconut fat added to most granolas and exceptionally high levels of saturated fat naturally present in most coconut alternatives to yogurt.

By hacking to a heart healthy breakfast, you are able to eat more food for the same calories, whilst drastically reducing your total fat and more importantly your saturated fat intake (down by 89%)! Although sugar levels are higher in the heart healthy hack, 40% are naturally present in the banana. You are also giving your breakfast a protein boost by switching to a dairy (or soya alternative to) yogurt.



Coconut yogurts are very high in saturated fats and some brands can provide the recommended maximum daily intake of saturated fat in one single serve pot!

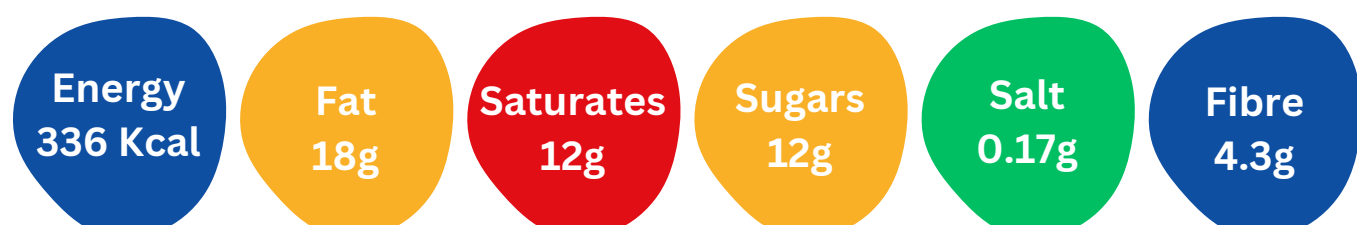


And the great news is...it costs less!

Over 5 days = £1.80,  
Over the year = £93.60

### 45g Granola with 120g coconut plain alternative yogurt

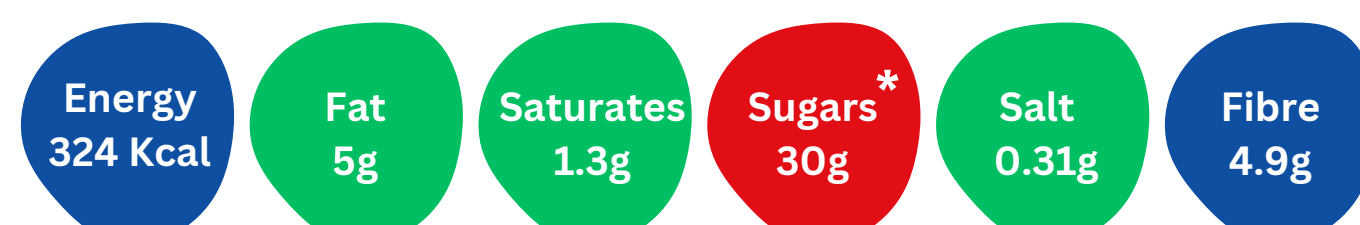
#### PER SERVING



Cost per serving £1.22

### 45g Fruit & nut muesli (no added sugars, salt) with 120g Benecol fruit yogurt and a small (80g) banana

#### PER SERVING



Each serving also provides 10g protein

\*40% of the sugars is naturally present in the banana and the dried fruit

Cost per serving £0.86

Note: Nutritional analysis was undertaken using Nutritics, 2023. Costing is based on the standard retail price for each ingredient as an average across the four main UK supermarkets: Tesco's, Asda's, Sainsbury's & Morrisons. Online supermarket prices were collected between the 5th and 7th of May 2023.

**Healthy hack:** Benecol yogurts provide 2g plant stanol esters per 120g pot. A daily intake of 1.5-3g plant stanol esters, as part of a healthy varied diet and lifestyle, have been shown to lower blood cholesterol by 7-10%. High cholesterol is a risk factor in the development of coronary heart disease.



# Lunch Heart Healthy Hack That Saves You Money

Taking a few minutes in the morning to make your own quick lunch can save you calories, keep your sugar intake low and improve your fibre intake whilst keeping the pennies in check.

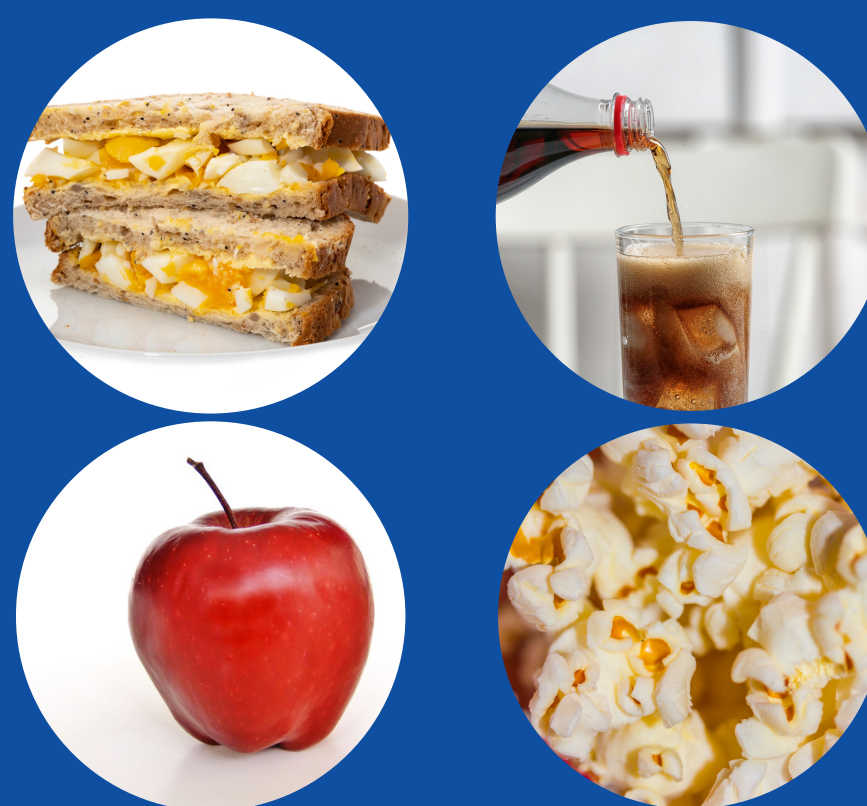


**A retail sandwich lunch:  
Egg & cress sandwich plus a  
bag of crisps & a regular cola**

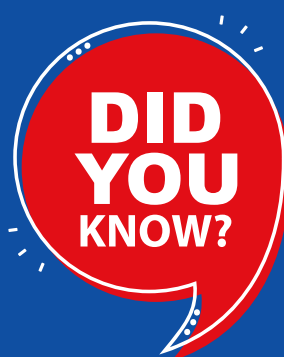


**Make your own:**

**Wholemeal egg salad sandwich with  
Benecol spread plus a bag of popped  
corn plus an apple & diet cola**



We've switched from a bought egg and cress with mayo sandwich to a wholemeal egg salad sandwich. Switching the bag of crisps over to popped corn and going for a sugar-free cola means you can add one of your 5-a-day whilst still keeping your calories down by almost a third! Popped corn and using wholegrain bread are great ways to help boost fibre intake.



A 500ml bottle of regular cola provides a whopping 53g sugar...that's 12 teaspoons of sugars!



And the great news is...it costs less! 67p every working day means a saving of £3.35 a week and over a year....that's £174.20!

**Egg & cress sandwich (retail), 25g bag ready salted crisps and a 500ml bottle of regular cola**

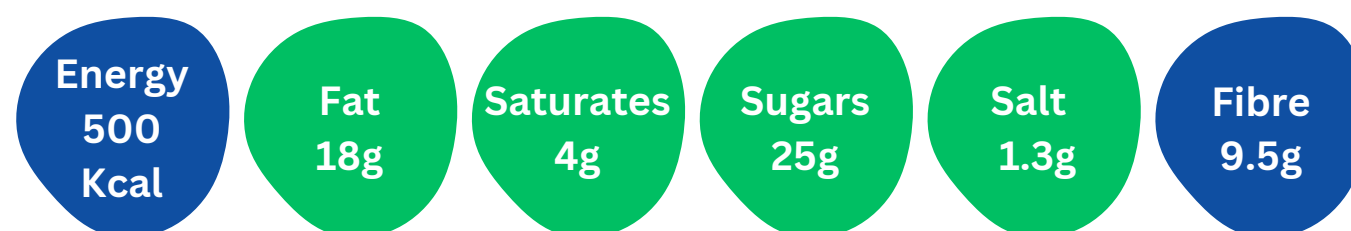
PER SERVING



Cost per serving £3.57

**Sandwich (2 slices wholemeal bread, 14g Benecol buttery taste spread, boiled egg, tomato and lettuce), a small 10g bag popped corn lightly salted, an apple and a 500ml bottle of diet cola**

PER SERVING



Cost per serving £2.90

Note: Nutritional analysis was undertaken using Nutritics, 2023. Costing is based on the standard retail price for each ingredient as an average across the four main UK supermarkets: Tesco's, Asda's, Sainsbury's & Morrisons. Online supermarket prices were collected between the 5th and 7th of May 2023.

**Healthy hack:** 14g Benecol buttery taste spread provides 1g plant stanol esters. A daily intake of 1.5-3g plant stanol esters, as part of a healthy varied diet and lifestyle, have been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.



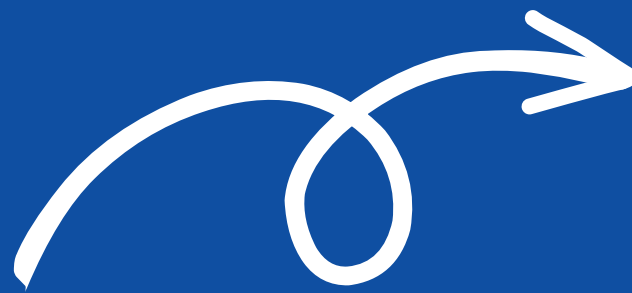
# A UK Favourite Heart Healthy Hack At No Extra Cost



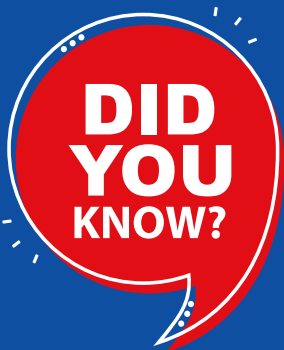
## A classic Shepherd's pie



## Heart healthy adaptation to the classic



What a difference a few tweaks to a classic recipe can make! Saturated fat levels in the classic are way too high, but by simply choosing a leaner lamb mince and replacing half the meat quantity with lentils, the saturated fat has been reduced by 3/4s! The lentils have also helped boost fibre intakes. Furthermore, by avoiding the addition of salt in the recipe and using a lower salt stock cube, the salt levels have also been reduced by a third, which is great news for managing blood pressure! For the mash, we've used a combo of regular floury white potatoes and sweet potatoes not only to add flavour but to add a little more fibre...and unlike white potatoes, sweet potatoes count towards your 5-a-day!



Just 9% of UK adults eat enough fibre! Replacing some of the meat in your favourite recipes with beans or lentils, is a tasty and simple way to add more fibre to our diet. Our hacked Shepherd's pie now provides a quarter of the UK recommended daily fibre intakes per serving!

**Our recipe adaptation has not compromised on taste, yet it has improved the nutritional quality without increasing costs.**

**A classic Shepherd's pie recipe using 20% fat lamb mince and a mash potato topping with butter and full cream milk**

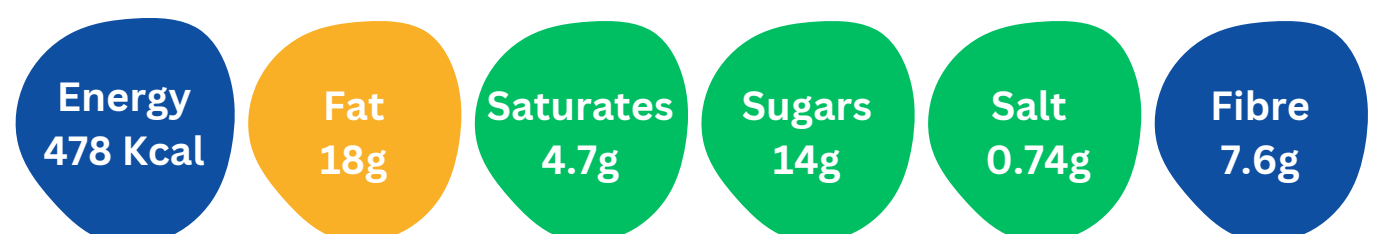
### PER SERVING



**Cost per serving £1.72**

**10% fat lamb mince and half the original quantity replaced with green lentils & tinned tomatoes and a reduced salt stock cube. Mash: a mix of regular potatoes with sweet potatoes, lower fat milk and Benecol buttery taste spread.**

### PER SERVING



**Cost per serving £1.50**

Note: Nutritional analysis was undertaken using Nutritics, 2023. Costing is based on the standard retail price for each ingredient as an average across the four main UK supermarkets: Tesco's, Asda's, Sainsbury's & Morrisons. Online supermarket prices were collected between the 5th and 7th of May 2023.

**Healthy hack:** Reducing salt as part of a healthy and varied diet, contributes to normal blood pressure. Each serving also provides 12.5g Benecol buttery-taste spread. A daily intake of 1.5-3g plant stanol esters, as part of a healthy varied diet and lifestyle, have been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease

